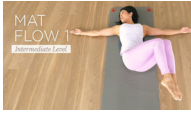
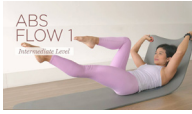


2 - 3 DAYS BUILDING TO EVERYDAY INTERMEDIATE PROGRAM

Build a consistent Pilates practice, starting small with just 15-20 minutes per day. It provides a clear plan to gradually increase from 2 days to 3 days per week, guiding you through each session. You'll develop strength, flexibility, and enjoy the benefits of a sustainable routine.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 PILATES QUICK FLOW 1 Intermediate Level 15 min Quick Pilates 1	ACTIVE REST DAY (see bonus videos)	 PILATES QUICK FLOW 2 Intermediate Level 15 min Quick Flow 2	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 STANDING FLOW 1 Intermediate Level 15 min Standing Flow 1	ACTIVE REST DAY (see bonus videos)	 STANDING FLOW 2 Intermediate Level 15 min Standing Flow 2	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 EXPRESS EVERYDAY SPINE 15 min Everyday Spine Express Intermediate	ACTIVE REST DAY (see bonus videos)	 15 EXPRESS EVERYDAY CORE 15 min Everyday Core Express Intermediate	ACTIVE REST DAY (see bonus videos)	 15 EXPRESS EVERYDAY BACK 15 min Everday Back Express Intermediate	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 FULL BACK STRENGTH Intermediate Level 15 min Full Back Strength	ACTIVE REST DAY (see bonus videos)	 15 MIN FULL BODY PILATES Intermediate Level 15 min Full Body Workout	ACTIVE REST DAY (see bonus videos)	 15 MINUTES FULL BODY RELEASE 15 min Full Body Release	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 20 MINUTE BREATHING 20 min Breathing	 MAT FLOW 1 Intermediate Level 20 min Mat Flow 1	 ABS FLOW 1 Intermediate Level 20 min Abdominal Flow 1	 20 MINUTES HIPS MOBILITY 20 min Hips Mobility	 SHOULDER & UPPER CHEST WORKOUT Intermediate Level 20 min Shoulders & Upper Chest Stretch		

You are welcome to add bonus classes anywhere your body needs them.